



sonnel, nurses, support staff, physicians at the undergraduate, postgraduate and faculty level, and hospital administrators. The book's focus on the prehospital care setting is comprehensive. The book is well organized and follows good educational principles.

The format makes use of shaded bold type to emphasize chapter objectives, key learning points and summaries. Mnemonic devices, algorithms, models, boxes and tables are well done. The lists are informative and useful.

The book was written in the United Kingdom, with input from military sources. Therefore, the terms used to describe positions may not be familiar to Canadian providers. However, the concept, structure and process can be generalized to Canada. The chapters pertaining to the emergency department and hospital management are basic and brief, which is understandable since the focus is on prehospital care.

In most major incidents, many victims are rescued by themselves or by bystanders, overloading hospitals and minimizing use of prehospital care providers. One chapter mentions this inevitable situation; however, it should have been elaborated upon. A disaster rarely involves prolonged extrication and delayed transport to hospital of enough casualties to warrant a staged scene, as the book describes. However, should this prolonged disaster be the case, the model and process outlined in this book are easy to follow, credible and reflect current disaster-management principles.

A bibliography or reference list would have been a useful addition to this book. The training appendix provided could be expanded. Disaster planning and preparedness require extensive and current exercises to maintain providers' skills.

This is an interesting book that is

easy to read and informative. It is a good resource for prehospital and emergency department personnel.

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### Living with Epilepsy: A Guide to Taking Control

Peter Fenwick and Elizabeth Fenwick. 216 pp.  
Bloomsbury, London. 1996. \$17. ISBN 0-7475-2340-1

<b>Overall rating:</b>	Fair
<b>Strengths:</b>	A good sampling of practical and self-help advice to patients
<b>Weaknesses:</b>	Not enough on information on pathophysiologic factors, weak section on drugs, too much emphasis on alternative therapies and not enough illustrations
<b>Audience:</b>	Lay public, patients with epilepsy and their families

This small book, intended for the public, patients with epilepsy and their families, attempts to fill a gap in the educational material available. It is written by a British psychiatrist with an international reputation as an expert on epilepsy and his wife, a professional writer.

The authors first define epilepsy and describe and classify seizures and then discuss diagnosis, including the use of electroencephalography, neuroimaging techniques, drug therapy and surgical therapy. In the rest of the book they deal with the social aspects of epilepsy and offer practical advice to help patients manage their seizures. These sections are particularly useful for patients and their families; practical problems are rarely dealt with at length in such publications.

As the title suggests, the book em-

phasizes alternative therapies and psychological or mental ways of preventing or stopping seizures. The patient's ability to terminate seizures through mental effort and changing of thought patterns as well as sensory input has long been an interest of Dr. Peter Fenwick. Because of his special interest in such areas, the sections on alternative methods of control such as aromatherapy, yoga, biofeedback and diet occupy 35 pages, whereas drug therapy is covered in only 21 pages. I would have liked to have seen a much more comprehensive discussion of antiepileptic drugs and their use, and especially of their effects, which are often of great concern to patients and their families.

A fuller discussion of pregnancy and epilepsy, epilepsy in elderly people and the pathophysiologic aspects of epilepsy would have been welcome.

There are some idiosyncrasies in the text; for example, the definition of epilepsy includes "two fits within 2 years." Many would disagree with putting this time constraint on the definition. Lamotrigine is included under "state-of-the-art drugs," whereas gabapentin and vigabatrin are included under "second-line drugs." The book is bereft of illustrations, diagrams and tables. It would have benefited immensely from examples of computed tomography and magnetic resonance imaging scans as well as electroencephalograms. The material is directed toward a British audience. For example, the term "fits" is used throughout. Drugs are mentioned by their brand names, which may be different from those in North America. This could be confusing to North American patients reading the text. Some statements are false, including the one that "complex partial seizures always begin with an aura."

Although this book has some material of interest to its intended audi-



ence, I cannot recommend it enthusiastically to general readers and definitely not to medical audiences.

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## Books and other media received

### Livres et autres documents reçus

#### Books for patients

**Asthma: The Facts.** 3rd ed. Donald J. Lane. *The Facts* series. 222 pp. Illust. Oxford University Press, Oxford, England; Oxford University Press Canada, Don Mills, Ont. 1996. \$25.50. ISBN 0-19-262151-3

**Clinical Trials: What You Should Know Before Volunteering to Be a Research Subject (Booklet).** J. Joseph Giffels. 48 pp. Demos Vermande Publications, New York. 1996. US\$12. ISBN 1-888799-02-1

**Eating Well When You're Pregnant: A Guide to Nutrition During Pregnancy and Breast-Feeding.** Ellen Lakusiak. 182 pp. Illust. Macmillan Canada, Toronto. 1996. \$22.95. ISBN 0-7715-7373-1

**Epilepsy: The Facts.** 2nd ed. Anthony Hopkins and Richard Appleton. *The Facts* series. 161 pp. Illust. Oxford University Press, Oxford, England; Oxford University Press Canada, Don Mills, Ont. 1996. \$22.95. ISBN 0-19-262548-9

**The Healing Garden.** Marjorie Harris. 128 pp. Illust. HarperCollins Publishers, Inc., New York; HarperCollins Canada Ltd., Toronto. 1996. \$16. ISBN 0-00-255432-1

**The Lights of Lancaster: Letters to Romé (Journal of a Stroke Victim).** J. Euclide Caza. Translated by A. Margaret Caza. 160 pp. Illust. Shoreline, Ste-Anne-de-Bellevue (Qué.). 1996. \$18.95. ISBN 0-9698752-7-4

#### Emergency medicine

**History Taking, Examination, and Record Keeping in Emergency Medicine.** H.R. Guly. *Oxford Handbooks in Emergency Medicine*, no. 12. Series editors, R. N. Illingworth, C.E. Robertson and A.D. Redmond. 232 pp. Illust. Oxford University Press, Oxford, England; Oxford University Press Canada, Don Mills, Ont. 1996. \$46.50. ISBN 0-19-262461-X

#### Health care

**The Scientific Basis of Health Services.** Edited by Michael Peckham and Richard Smith. 186 pp. Illust. BMJ Publishing Group, London. 1996. Distributed in Canada by the Canadian Medical Association, Ottawa. \$66.95 (\$55.95 CMA members). ISBN 0-7279-1029-9

**Wasting Away: The Undermining of Canadian Health Care.** Pat Armstrong and Hugh Armstrong. 245 pp. Oxford University Press, Oxford, England; Oxford University Press Canada, Don Mills, Ont. 1996. \$19.95. ISBN 0-19-541070-X

#### Miscellaneous

**Management of Diabetic Retinopathy.** A.M.P. Hamilton, M.W. Ulbig and P. Polkinghorne. 296 pp. Illust. BMJ Publishing Group, London. 1996. Distributed in Canada by the Canadian Medical

Association, Ottawa. \$155.95 (\$129.95 CMA members). ISBN 0-7279-0919-3

**Medicine and the Internet: Introducing Online Resources and Terminology.** Bruce C. McKenzie. 206 pp. Illust. Oxford University Press, Oxford, England; Oxford University Press Canada, Don Mills, Ont. 1996. \$39.50. ISBN 0-19-262705-8

**Neonatal Formulary 1996.** 9th ed. The Northern Neonatal Network. Edited by Edmund Hey. 199 pp. Illust. BMJ Publishing Group, London. 1996. Distributed in Canada by the Canadian Medical Association, Ottawa. \$51.95 (\$42.95 CMA members). ISBN 0-7279-1030-2

**Osteoporosis: Diagnosis and Treatment.** Edited by David J. Sartoris. 411 pp. Illust. Marcel Dekker, Inc., New York. 1996. US\$150. ISBN 0-8247-9507-5

**Pain Treatment Centers at a Crossroads: A Practical and Conceptual Reappraisal.** Edited by Mitchell J.M. Cohen and James N. Campbell. *Progress in Pain Research and Management*, no. 7. 338 pp. International Association for the Study of Pain, Seattle. 1996. US\$69. ISBN 0-931092-14-0

**Science on Trial: The Clash of Medical Evidence and the Law in the Breast Implant Case.** Marcia Angell. W.W. Norton and Company, Inc., New York. 1996. \$35. ISBN 0-393-03973-0

#### Pharmacology

**Basic Pharmacology.** 4th ed. Edited by R.W. Foster. 569 pp. Illust. Butterworth-Heinemann Ltd., Oxford, England; Butterworth-Heinemann, Boston. 1996. US\$45. ISBN 0-7506-2198-2

**Clinical Handbook of Psychotropic Drugs.** 6th ed. Kalyna Z. Bezchlibnyk-Butler and J. Joel Jeffries. 152 pp. Hogrefe and Huber Publishers, Kirkland, Wash. 1996. \$54. ISBN 0-88937-166-0